

# COOKING AT REN

May 6, 2012

## Endive Salad

5 Belgian Endives, separated into spears  
3/4 cup shucked fava beans  
1/4 cup thinly sliced shallots  
1/3 cup oil cured black olives thinly sliced  
2 Tbl parsley  
1 Tbl chives  
Salt and Pepper

Place the endive spears in a bowl and pour the Meyer lemon cream over them. Add the fava beans, and sliced shallots. Season with salt and pepper and toss to coat. Arrange on plate and scatter olives and herbs over salad

## Meyer Lemon Dressing

4 Tbl finely diced shallots  
1/2 cup Meyer lemon juice  
1 cup Olive oil  
1/2 cup Buttermilk or Yogurt  
2 Tbl lemon olive oil (Optional)  
Salt and Pepper

Place the shallot, lemon juice, and 1/4 tea salt in a bowl and let sit for 5 mins. Whisk in olive oil. Gently stir in the buttermilk, and ground black pepper.

## Steak Au Poivre

4 hanger steaks  
2 Tbl whole mixed peppercorns  
1 Tbl unsalted butter  
1 tea olive oil  
1/3 cup cognac plus 1 teaspoon  
1 cups heavy cream

Remove the steaks from the refrigerator for at least 30 minutes and up to 1 hour prior to cooking. Season all sides with salt.

Coarsely crush the peppercorns with a mortar and pestle, or a pan on a cookie sheet. Spread the peppercorns evenly onto a pan. Press the fillets, on both sides, into the pepper until it coats the surface. Set aside.

In a skillet over medium heat, melt the butter and olive oil. As soon as the butter and oil begin to turn golden, place the steaks in the pan. For medium-rare, cook for 4 minutes on each side. Once done, remove the steaks from the pan and let rest, Pour off the excess fat but do not wipe or scrape the pan clean.

Off of the heat, add the 1/3 cup of cognac to the pan and carefully ignite the alcohol with a long match. Gently shake pan until the flames die. Return the pan to medium heat and add the cream. Bring the mixture to a boil and whisk until the sauce coats the back of a spoon,

about 5 to 6 minutes. Add the tablespoon of cognac and season, to taste, with salt. Add the steaks back to the pan, spoon the sauce over, and serve.

## Roasted Asparagus with Mushroom Fricassee

2 lb asparagus, tough ends trimmed  
 2 tea olive oil  
 3 Tbl butter  
 1 shallots  
 24 oz mushrooms sliced  
 1 cup white wine  
 1 1/2 Tbl parsley  
 1 1/2 tea minced tarragon

Preheat oven to 475°F. Arrange asparagus on baking sheet.

Drizzle with oil to coat. Sprinkle generously with salt and pepper. Roast until just tender, about 10 minutes.

Meanwhile, melt butter in large skillet over medium-high heat. Add shallot; sauté 1 minute. Add mushrooms; sauté until beginning to brown, about 5 minutes. Cover; cook until mushrooms are tender, about 3 minutes.

Add wine; cook uncovered until wine is absorbed, about 2 minutes. Stir in parsley and tarragon. Season with salt and pepper.

Place on serving dish and top asparagus with mushrooms

Serves 4-6

## Berry Gratin with Lemon Sabayon

Lemon Sabayon  
 1/4 cup water  
 1/2 teaspoon lemon zest grated  
 3 tablespoons juice from 1 large lemon  
 pinch salt  
 3 large egg yolks  
 1/3 cup sugar

### Berries

1 cup fresh raspberries  
 1 cup fresh blackberries  
 1 cup fresh blueberries  
 3 tablespoons sugar for caramelized crust

### Sabayon:

Adjust an oven rack to the upper-middle position and heat the oven to 400 degrees.

Combine the water, lemon zest, lemon juice, and salt in a small bowl and set aside.

Whisk the egg yolks and sugar in a medium bowl until frothy, about 1 minute. Set the bowl over a pan of simmering water. Continue whisking until the mixture begins to thicken, about 1 minute.

Gradually whisk in the lemon mixture and continue cooking, whisking constantly, until the mixture is thick, light yellow, and tripled in volume, 5 to 7 minutes. Remove the bowl from the saucepan, whisk constantly for about 30 seconds to cool, then set aside while preparing

the berries, occasionally whisking the mixture.

Serves 4-6

### Berries:

Combine the berries in a wide, shallow 2-quart broiler-safe gratin dish or divide among 6 ramekins or individual gratin dishes set on a rimmed baking sheet.

Bake the berries until the fruit is warm and just beginning to release its juices, about 8 minutes. Remove the berries from the oven. Spoon the lemon sabayon over the berries and sprinkle with the sugar. Ignite a kitchen torch and caramelize the sugar. Serve immediately